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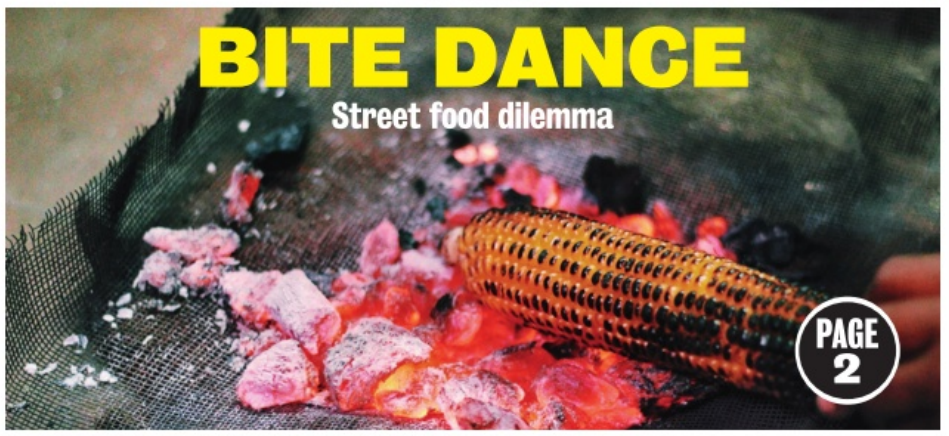
Bangalore Mirror

TEMP Max 28 | Min 17 | Humidity 85% Generally cloudy sky Sensex 60,950 | Nifty 18,117 | Gold 50,875 | Silver 60,616 | Dollar 82.03 | Euro 81.30 | GBP 92.61



How defunct prepaid auto-rickshaw counters are inconveniencing ordinary citizens at Bengaluru's hospitals, train stations, malls...

AUTO-CRAZY

Prepaid auto counter at Victoria Hospital, Vani Vilas Women and Children Hospital abandoned

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

We are aware how difficult it is, of late, to hail an auto-rickshaw to reach a destination in the city. Not many auto-rickshaw drivers prefer to oblige hapless commuters without demanding excess fare.

To help the people at railway stations, malls, bus or train stations and other important locations, traffic police had opened prepaid auto-rickshaw counters. However, most of the prepaid auto-rickshaw counters are shut down due to the reasons best known to the traffic police, BM has found.

For instance, a prepaid auto-rickshaw counter was of great help for patients just discharged from Victoria Hospital or Vani Vilas Women and Children Hospital. The pre-paid counter is situated between the two hospitals.

However, the counter is shut now and has become a dump yard for all types of waste. It is quite surprising to see the rusted and defaced prepaid auto-rickshaw counter on the hospital premises.

With no traffic police, it has become a tough task for security guards, most of them senior citizens, to control or convince undisciplined auto-rickshaw drivers to oblige

CONTINUED ON PAGE 6 »

A defunct prepaid auto-rickshaw counter near Mantri Mall. (Inset) A prepaid auto-rickshaw counter at Victoria and Vani Vilas Hospital premises

"We cannot control auto-rickshaw drivers at the hospital... We want traffic police to reopen counter..."
— security personnel

Thought to Action

'While majority of women in Bengaluru are aware of sustainable sanitary products, only a handful are using it'

| Garima Prasher
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TWEETS @BangaloreMIRROR

Eco-friendly sanitary products have very few takers in Bengaluru, according to a recent study by researchers at Christ University.

The study was conducted among women aged between 15 and 55 years in the city — the outcome showed only 9.6% of the women are currently using sustainable products.

While 77.9% of the women studied used disposable sanitary napkins during their menstrual cycles, 12.5% used tampons.

"Though environment-friendly sanitary products can be more affordable in the long run along with being more convenient and healthier for the users, the adoption rate is still very low even in a city like Bengaluru," said J Joseph, co-author of the study.

The research looked at the factors hindering women from switching to environment-friendly sanitary alternatives such as reusable cloth pads, menstrual cups, period underwear, etc. Researchers said the major factor that influences the buying intentions of women is product awareness. Moreover, environmental concern also impacts the purchase of eco-friendly sanitary products.

"During the course of our study, women in Bengaluru accepted that environmental damage can be significantly reduced if they use sustainable sanitary products. Many said they felt happy while making

CONTINUED ON PAGE 6 »

4 THINGS TO DO

01 It's time to dance!

Wear your shimmery dress and your dancing boots because DJ Suketu is in town. At a time when music was losing its lustre and remixes were infamous, he stepped in to change it all. Do not miss this event if you are looking for a night of dance, music and fun. **When: November 12, 8 pm onwards; Where: Indulge by House of Commons, JP Nagar; Tickets: 7899529516**

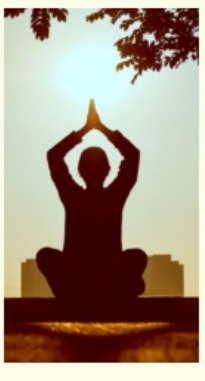
02 For theatre lovers

Often referred to as a life-changing play-'Vagina monologues' play written by Eve Ensler, is a masterpiece becoming relevant through the years. Through outrageous comedy, poignant drama & soul-stirring poetry rarely seen on stage, the play tells varied and compelling stories of women.
When: November 13, 7:30 pm
Where: Chowdiah Memorial Hall, Malleswaram
Tickets: bookmyshow,com

03 A musical affair!

Craving for some soul-fulfilling live music? Worry not because we have got you covered. Purpose - the band is here with some acoustical fusion Bollywood that will definitely make your evening magical. **When: November 11, 8 pm onwards**
Where: Foxtrot, Marathahalli; Tickets: Free

04 Yoga for the body and mind



Get yoga classes from an internationally acclaimed trainer to achieve a more fit and healthier body and mind. So if you are looking for a good yoga class this is the answer.
When: November 8;
Where: Lahe Lahe
Tickets: bookmyshow.com

Goodbye to street food?

Bruhat Bengaluru Hotel Association asks BBMP for regulation of street food stalls in city, urges to give vendors employment at Indira canteens

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BBHA says that since the cases of flu and cholera are increasing in the city, food hygiene and safety have become concerning issues

Bruhat Bengaluru Hotel Association has demanded the Bruhat Bengaluru Mahanagara Palike (BBMP) regulate street food stalls and trolleys across the city citing health and hygiene as a concern.

In a letter that was recently issued to the BBMP commissioner, the association complained that the preparation of most of the street food is unsanitary and it is unsafe for consumption as it is exposed to various insects, dust, and other reasons.

However, at the same time, the association has also demanded the Palike provide the street vendors employment elsewhere such as in closed Indira Canteens to ensure their livelihoods remain unaffected.

PC Rao, president of Bruhat Bengaluru Hotel Association, told Bangalore Mirror, "We want BBMP to provide rehabilitation to these vendors to food courts or Indira canteen because they should also not suffer because of this. However, considering the health and safety of the common people, they should not be allowed to function on the street. But we do not want to hurt their stomachs also. Many of these street vendors are our employees who worked at our hotels before starting their own businesses."

The president of the hotel association also added that since many of these street food vendors use gas cylinders on the road while preparing the food, it is a safety hazard.

"It is not safe for the people and traffic is also blocked at several places because of these stalls. Sometimes the vendors do not clean the footpaths after they close the stall. Even when they do, some food and garbage get spilt inside the drains, etc which creates waste management issues also and further cultivate cockroach, mosquito, and other problems," he added.

The association added that since flu and diseases like cholera, etc are increasing, food hygiene and safety have become an issue in the city.

> **"It is not safe for the people and traffic gets blocked at several places because of these stalls. They don't even clean the footpaths**
> – PC Rao, President of BBHA

A few months back, the BBMP announced that it will start a mandatory training program for street vendors selling food in order to ensure food quality and safety in the city. As per the program, the food vendors were also to be given certificates upon competition of the training which they will have to display on their carts and will not be allowed to function without them.

However, most street food vendors in the city are either unaware of the same or have not received the training from BBMP.

Mohammed Javeed, President of All India Street Vendors association told Bangalore Mirror that none of the food vendors in the association have been given any such training so far.

BBMP authorities were unavailable for a comment on the same.

What a great initiative!

KCAK to carry out free canoeing training for specially abled

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From basic to professional training, the Kayaking and Canoeing Association of Karnataka (KCAK) has been helping in bringing up star players and have earned many medals for the state of Karnataka. The association has been carrying out training since 2013 and has now thas come up with another initiative to train people with disabilities for free.

KCAK carries out its training at the YMC Lake in KR Puram, with many players having emerged specialising in kayaking and canoeing. Karnataka has secured over 185 national medals and 11 international medals.

On Sunday, KCAK introduced Para Canoe in YMC Lake with the support of an NGO working closely towards people with disabilities known as the "Centre for Spinal cord injury rehabilitation and research" located at Indiranagar.

The association came up with the idea last year to start training people with disabilities, however, they were not able to get players to come forward to train. It took them one year to reach out to different NGOs and other associations to get players on board. So far they have three players from the Centre for Spinal cord injury rehabilitation and research onboard.

Deleep Kumar, Asian Gold medalist, Olympic umpire, and secretary of KCAK, said, "The training provided would be free of cost. Currently, we have started to train three players who are already playing sports like basketball, badminton and archery. This is their first time in water sports. To get the hand of canoeing it takes about six months of regular training. We will get more people from other associations as well and have them trained."

In August, Pooja Ojha from Madhya Pradesh won a silver medal in the 2022 ICF Canoe Sprint World Championships in Halifax, Canada. This was the first-ever medal for India in the World Championships of para-canoe.

KCAK introduced Para Canoe on YMC Lake with support from different NGOs

Kumar said, "We can have emerging players from Karnataka as well. Right now they are few para canoe players across the country. We at Karnataka are trying to bring in more. Pooja Ojha's win is an inspiration to many. Last year we purchased a special canoe boat for people with disabilities and we are glad it's coming into use now. The training will be carried out every day starting from Sunday."

Medical kits in BMTC buses need emergency treatment

Some buses do not have any kits, and some have the kits with hardly any medicines in it

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BMTC provides medical kits for buses, but they are not well-maintained and stocked

It was only when Rohith Kumar, a college student, cut his finger while on a Bengaluru Metropolitan Transport Corporation bus, that he realised that the medical kit in the bus he was in was pretty much useless.

Many other passengers of BMTC buses that BM spoke to told us that there were no medicines to speak of in the first aid kits present in the buses. The commuters said that it was important to have it well-stocked for safety measures when in case of an emergency.

Rohith told BM, "I had taken a bus from the Majestic bus stand and while travelling I got a minor cut in my finger. It was bleeding and I wanted to cover it with a bandaid. However, on asking the bus conductor, he said that there was no medical kit available in the bus."

Jithin Raj, another commuter said that he has been in such a situation several times where he had to ask the bus conductor about medicine kits.

"They always said that they did not have it. I think it is important to have the kits in place in case some emergency crops us. It can even be life saving."

> **When I asked for a medical kit, the conductor brought it. I saw that there was only a half empty ointment tube and that too was past its expiry date** –Sagar N, commuter

Some commuters even said that while there was a medical kit present in the buses, it was out of medicines.

Sagar N, who takes the bus regularly, said, "When I enquired for a medical kit in the bus, the conductor brought it to me. However, I saw that there was only a half empty ointment tube and that too had crossed its expiry date. There were also a few band aids. Other than that the bag was empty."

Some of the bus conductors say that they do not keep the medicine kits in the buses as they are not used by the people.

A bus conductor in Majestic who wished to remain unnamed said, "We do not keep the medicine kits because they are rarely used by people. Moreover, passengers don't even spend a lot of time in the buses. Most of them get down within 20 to 30 minutes. A few times the medicine kit has also been stolen when it was kept in the bus."

An official from BMTC told BM it was a routine thing.

"We provide the medical kits to the drivers and they should keep them. However, the medical kits get stolen often either by some passenger or someone else. But we are conducting a survey for each and every bus to check which buses do not have the kits. All the kits will be refilled," the official assured BM.

Punished at school? Case after child dies

A 9-year-old girl died after allegedly being punished at a school in the city, according to the police on Sunday.

The police registered a case after the family alleged that their child was allegedly hit at her school.

"We have booked a case under CRPC 174 after the family alleged that their kid allegedly died after the teacher hit (punished) her. Yesterday after the child fell unconscious at school, the child was brought to MS Ramaiah hospital and declared dead," Deputy Commissioner of Police, Bengaluru, Vinayak Patil said.The grandmother of the deceased girl claimed that the school offered Rs 4 lakh as compensation.

"The school said they will give Rs 4 lakh as compensation, but she needs justice, not money," she said. Further investigation into the matter is underway. **–ANI**

Train cops on dealing with e-evidence: HC

The Karnataka High Court has ordered the state Director General of Police and other authorities to make arrangements for necessary training of their respective officers in respect of receiving, handling, storage and use of electronic evidence.

The court's direction came on a criminal appeal filed by a murder accused. Due to the inefficient handling of electronic evidence in the case, the accused was acquitted by the court. However, the court made sure that its directions in a case in 2018 were strictly followed by investigating officers. A division bench of Justices Suraj Govindaraj and G Basavaraja in their judgement on November 4, directed the police officers who probed cases to follow the directions of the court issued in the Madhukara Vs State of Karnataka and Virendra Khanna Vs State of Karnataka cases. In these cases, the court had issued several guidelines including providing anti-static and anti-magnetic boxes for storage of electronic evidence including CDs, pen drives etc. Simple guidelines include disabling security settings like password and PIN before mobile phones are seized. **–IANS**

Heritage cottage demolished, no action on complaint

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A 70-year-old building known as Sunbeam Cottage 86 was demolished at Borewell Road

Residents of Whitefield and members of the CSI KCD Memorial Church Whitefield carried out a protest on Sunday for inaction by the police into their complaint on the demolition of a 70-year-old heritage cottage known as the Sunbeam Cottage 86, located at Borewell Road.

The cottage belonging to the late Hannah Mitchell, who was a member of the CSI Memorial Church, was demolished in June this year. Members of the church had said the property belonged to them as Hannah had given it to the church, as she did not have any relative to give it to. The property was being used as a Parsonage for the Pastor serving his term at CSI KCD Memorial Church Whitefield. Later, other individuals started to claim it as their property and they demolished it on June 20, 2022.

According to the church members, a few years ago, one of the care takers of the property Sunder Raj alleged that the property belonged to him and went to the court for justice. "The fight was between the church members and Sunder Raj. But from a few months, a resident of Kadugodi , Srinivas started claiming that the property was his and he filed a false case against us stating it is an agricultural land though the property clearly belongs to the church, " said Mridula Anand, Church Committee Member.

The members of the church said that though there are three cases going on in the court, the property was demolished.

As the members of the church thought that the property was at risk, they went and complained at the Whitefield police station to provide protection, but according to the members no action was taken and in no time the building was demolished.

A Naresh, Church Secretary, CSI KSD, said, "We approached the Whitefield police on June 17 for protection and it was not accepted as the sub inspector was not available and we were asked to come the next day. When we went on June 18 at 10 am, we were told to come at 2 pm and when we went back the complaint was taken and we were told acknowledgement could only be given on June 21." According to him in the wee hours on June 20, the church was demolished. "When the residents of an area nearby who are also members of the church tried to stop the demolition, they were shown some court copy, which didn't have the address of the property. Some even tried to make videos but they were chased away," he said.

Naresh added that they had many church valuables stored in the property and all of it was destroyed. A letter on this was submitted to the Whitefield police station by Karnataka Central Diocese, from Dr Vincent Kumar Vinod Kumar, Secretary CSI KSD on June 20, however till date no action has been taken. An FIR was also filed in the issue. Naresh said, "Despite losing our property and valuables, there seems to be no help from the Whitefield Police Station. As law abiding citizens, we have no option but to impress upon the police that what they are doing is not right. It is well known that the courts have their own way of functioning and we would need to respect that. " The members stated that even after the FIR was filed, a charge sheet has been pending for four months which is why they carried out the protest on Sunday.

Enough of this mess! Residents take to streets, stage protest

Furious at undelivered promises, residents along Dasarahalli Main Road protest against garbage dumping

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Despite the promises made by Bruhat Bengaluru Mahanagara Palike (BBMP), many city streets still continue to be littered. Tired of requesting BBMP for a solution, a group of residents hit the streets on Sunday to protest against the garbage menace at Dasarahalli Main Road, in the Byatarayanapura constituency.

Thirteen-year-old Dhruv Koshy told Bangalore Mirror, "I am a student studying in the eighth standard and it is difficult for me to walk from school every day as this garbage dump extends across the whole footpath and on the road. I am forced to cross the street at a very busy section. The smell is unbearable and insects are flying all over the place. Sometimes there are heaps of garbage. I just want it fixed and if demonstrating will help, I am ready to do it."

AR Sumanth Shenoy said that the garbage trucks were unloading piles of garbage on the open land diagonally opposite a residential apartment building.

"This is government-owned land. The BBMP is encroaching on this space and using it for dumping the garbage. It is noticed that over a period, big mounds of garbage have been created in the open space. It is often not cleared for weeks and it is the residents who face the brunt because of BBMP's apathy", said a protestor.

600 kg of dry waste cleared at Hulimavu Lake

Hulimavu lake was once known for its pristine water. In fact, many of the locals still remember how this lake water was used for drinking as well. However, with the rapid urbanisation of the area, the lake turned into a cesspool.
A group of residents joined hands on Sunday to clean up the lake. Surprisingly, the volunteers cleared 600 kg of dry waste, mostly cans and plastic from the lake. The students said, "I feel that it is our responsibility to take a step forward and make the city environment-friendly and a better place to stay."
Vihaan Kothari, President of Navodaya, of NMIMS college said Hulimavu Lake was also a habitat for many species. "It is our duty to preserve the area and keep it clean and safe, especially for migratory birds," Kothari said.

The garbage mess was leading to a lot of health hazards in the vicinity complained the residents.

Sunehra Koshi, a resident of the area said it is not only an eyesore for the people travelling on this road but it is also contaminating the groundwater.

"Due to the unbearable smell, we have had issues with the health of children and elderly persons residing in this residential apartment building. Every day at least one two-wheeler falls down due to the slippery road caused by organic matter. Our homes are inundated with flies and our compound by rodents. We have to live right next to this terrible sight and foul smell. Very often the main garbage collection truck does not come. The three-wheeler trash vehicles are dumping their collected garbage on the side path and then washing

> **"I am forced to cross the street at a very busy section. The smell is unbearable and insects are flying all over the place with heaps of garbage all around**
>
> –Dhruv Koshy, resident

their autos in this space. Massive rats are entering our complex. It's absolutely horrible. We cannot open any windows or balconies," added another protestor.

Many of the residents who had turned up for the protest said that they cannot walk anywhere without encountering this monstrosity right next to their homes.

"Every day I kill 10 to 15 flies in my house. In the night, these bandicoots scurry across our walking path. Is this the way to live? This area is government's land. It should be developed into a food truck bay or park or community space adding to the greenery of the city and the layout. Once cleaned and developed, it should be fenced up and penalties imposed on any individual or entity that causes nuisance here. We have approached the authorities multiple times to get this rectified. Sometimes they clear it but then after a few days, it's a horrible mess again. Hence, the only option left for us was to protest," Gappan Annamalai, a resident said.

Is this a road or one big pothole?

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Commuters of the road from Abbigere to Lakshmipura have to risk their lives commuting on the potholes-laden road. It is not only dangerous to them but is causing damage to their vehicles as well.

A resident and regular commuter Sumith K drives struggles to ride his two-wheeler on the road. "It is extremely difficult for us to take the two-wheelers out on this road. The potholes are not just holes on the road, they look like huge wells dug up in the middle of the road. There must be some immediate action taken to fix this road," he said.

The commuters said that this problem has existed for the last one and half years. Harish Raj, another resident said, "This stretch of road is extremely dangerous because of all the craters present on the road. It is impossible to commute on it. There are so many chances of accidents happening. The road is quite busy and used by a lot of people. A lot of young people also use this road and they tend to cross the speed limit. Hence this road is very dangerous."

Residents complain of their vehicles getting damaged due to the poor condition of the road from Abbigere to Lakshmipura

Infuriated residents of the area blame authorities' apathy and the poor quality of work for the road's pathetic condition

Residents blame authorities' apathy and poor quality of work for the road's condition.

Ajith K, another resident, said, "The road has been like this even before the heavy rains lashed the city. Almost a year ago the authorities patched up the road. However, they must have not done it properly or they might have used poor quality materials because the road caved in as soon as it rained heavily."

The commuters say that the road is not only dangerous to them but also is damaging their vehicles.

Somesh Gautham, a resident, said, "Every time I have to take my car out, the thought of driving through that road makes me sick. My car has faced a lot of damage because of the road's condition and the numerous potholes. Even my scooty had stopped once on the road after it fell in a pothole."

The commuters say that even though the Bruhat Bengaluru Mahanagara Palike (BBMP) officials said that they will fill up all the potholes by the first week of November, no work has been done on this stretch of road. Vishak Gosangi, another commuter and resident said, "The BBMP officials said they would fill up the potholes in the city by November 5, but I still do not see any work happening in this area."

A BBMP official told Bangalore Mirror that the Palike will soon start the work in the area and try to finish it as soon as possible.

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9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

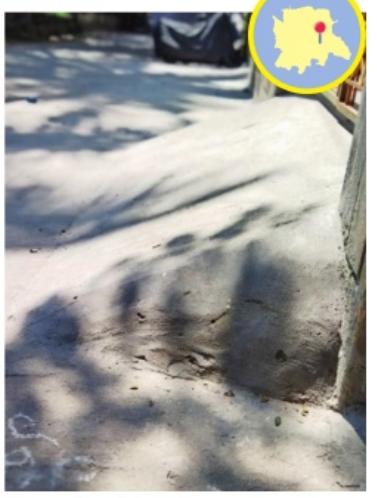
Pavement menace
Sampangiramnagar

The condition of the road/footpath at the junction of P Kalinga Rao Road and Mission Road near the traffic signal is pathetic. It needs the immediate attention of BBMP.

A footpath or dump yard?
Gandhi Nagar

The footpath at Old Mysore Magadi Deviation Road, opposite Minarva Mill, Sevashram ward number 95, west division, Gandhi Nagar is covered with construction debris and there is no place to walk.

Illegal construction
Kalhalli



There is an illegal ramp construction by Raitani Apartments, Kalhalli, Old ward number 79 reducing the width of the road.

Cancer is curable, but early detection key to treatment

Almost one in every 10 Indians may be at the risk of developing cancer in their lifetime. The risk increases with age. However, doctors say that there is nothing to worry as cancer can be cured if detected early on. Some of the factors that may aid cancerous growth could be lifestyle factors which include tobacco, alcohol, stress, poor physical activity and dietary factors etc. Breast cancer, oral cavity cancer, cervix cancer, lung and colon cancer are the most common cancers in our society.

All of these cancers can be diagnosed in early stages and most of these cancers have pre-invasive (pre-cancerous) stages which can be diagnosed with simple tests and therefore can prevent the development of frank malignancy. Thus screening programmes hold extreme value. All individuals from age 40 year upwards should visit an oncologist once a year for an annual check-up. This check-up may include blood profile and gender-specific &/or risk-specific tests.

Dr. Niti Raizada (Director, Medical Oncology and Hemato-Oncologist, Fortis Group of Hospitals, Richmond Road) told Bangalore Mirror that there is a need to identify the high risk groups. "This risk group can be subjected to focus counselling and testing. The patients who are already diagnosed with cancer and possibly not taking treatment due to poor social support or economic reasons should be identified and a holistic approach should be taken to manage them adequately."

START RIGHT AWAY

"Remember that like most other medical issues, cancer is a lifestyle disease as well. Liked former President Dr APJ Abdul Kalam had said, one cannot change the future but you can change habits, and surely habits will change one's future. Bad habits are easy to fall prey to and one always feels that it's easy to snap out of it. We fix a future date to start good practices. But these are heavy chains you've bound yourself to and not easy to break away. Start right away! This is your body, your life and your responsibility to take control of yourself," Dr Raizada added.

Adding to this, Dr Deepak Krishnappa (Consultant Urologist, NU Hospitals) said, Dr Deepak Krishnappa (Consultant Urologist, NU Hospitals) said, "Of all the urological cancer cases, prostate cancer is the second most common cause of cancer and sixth leading cause for cancer deaths in the world. In the past, whenever an individual would be diagnosed with cancer, it would lead to anxiety. However, over the years, there has been a lot of advancement in treatment for cancer including surgical options like laparoscopic to robotic surgeries along with targeted chemotherapy and stereotactic radiotherapy leading to less post treatment complications."

Unlike cancers in adults, childhood cancers are not known to be caused by any specific environmental or lifestyle factors. Hence there is no place for screening tests in childhood cancers as of now, says Dr Vasudha N Rao (Consultant - Pediatric Oncology, Rainbow Children's Hospital, Marathahalli). However, she says that early recognition of symptoms and signs of childhood cancer is extremely important and helps to improve the outcomes of treatment. "Catching childhood cancer early is also a challenge because the symptoms are non-specific and mimic common childhood diseases. Early recognition goes a long way as a majority of childhood cancers are curable," she added.

Dr. Niti Raizada added that patient engagement strategies by healthcare providers should include risk-stratification or basically segmenting the population into risk groups such that high-risk groups can be addressed appropriately. This also includes vaccination programmes and preventive care. There is a need for an outreach programme where healthcare providers reach out to high need populations to close the care gaps. Patient education should be prioritised as this can be done by reaching out to schools, colleges and workplace, by marketing campaigns and media activities. There is a need to work towards addressing barriers like geographical area, racial bias, income group and of course transportation.

—Prakash VL

Advertorial

Dr. Parameshwara C.M
Colorectal Specialist & Surgeon
CEO & Founder
Smiles Hospitals

Bleeding in stools?

Beware ! It may be colorectal cancer

Today is World Cancer Awareness Day, Lack of awareness about Colon Cancer hurting people

Cancer, one of the most common diseases affecting the human race, appears in the body in many forms. Colon and rectal cancer is also one of them. Of late Colon cancer cases are on the rise in India and elsewhere.

In countries like America, the number of people affected by colon cancer is alarming. In India, more cases are being reported in recent times.

Unlike other tumours, this can be completely cured if detected and treated at the early stage says Colorectal cancer specialist Dr. Parameshwar C.M.

Since today is World Cancer Awareness Day, there is a need to create more awareness among people about colon cancer he says.

What is colon cancer?

It is a type of cancer that appears in the colon and rectum areas. Many misconstrue it as Hemorrhoids and suffer without proper treatment.

Do we need to create more awareness about it?

Colorectal cancer used to have low incidence several decades ago. However, now when risk factors such as smoking , low physical activity and obesity have increased it has now become a predominant cancer and now accounts for approximately 10% of cancer-related mortality in asian and western countries. Folks who even see a small drop of blood in their stools need to take that matter seriously , it may coincide with haemorrhoids or fistulas or with any other colorectal diseases. That is why we need to create plentiful awareness about colorectal cancer.

What are the characteristics of colorectal cancer?

The colon cancer can be present in simple bleeding in rectum. As cancer advances there will be alternating constipation and diarrhoea , bloating sensation in stomach , discomfort in stomach , weight loss and loss of appetite. These are typical characteristics of colon cancer. People neglect if there is simple bleeding from the anal canal thinking it is piles. Many people approach quacks even doctors, some surgeons have missed out colon cancer by not doing a proper physical examination. So the main issue here is whenever a person is bleeding in stools it is very important not to neglect it. Colon cancer disguises itself pretty well. It is important to consult a specialist doctor without any delay.

Why and In whom does it appear ?

Though genetics factors are very important causes of colorectal cancer. In recent times the incident is increasing due to lifestyle habits and lack of regular diet and obesity. Consuming mostly packaged food, cigarettes and excessive consumption of alcohol have adverse effects on colon health and can lead to cancer. Also in a study it has shown that 50 % of haemorrhoids patients need colonoscopy because of the risk of colon cancers. 2 % of fistulas not treated for a long time can turned into squamous cell carcinoma of anal canal. Studies have shown that because of people not taking colorectal issues seriously it leads to colorectal cancer. It appears in anyone but there are increasing incidents in younger age groups. Patients over 40 years are screened every year for colorectal cancer in developed countries and now the trend of colorectal cancer is also increasing in India

Is surgery the only way out?

This is like asking, Is oxygen the only way to live? The one and only possible treatment for colorectal cancer is surgery. If the cancer is in the stage 3 or 4, surgery will be accompanied by radio and chemotherapy. As of now there is no drug which can prevent colon cancer by medication alone.

Can this be prevented?

The biggest issue with colorectal diseases is that neither the patient takes it seriously and nor do most doctors recognize that it is at an early stage. Colon cancer is mistaken for piles , fissure and fistula. This can be avoided by lifestyle changes like eating healthy and a regular diet. Eating vegetables and whole grains that contain vitamins , minerals and fibres can help colon health.

Alcohol & tobacco consumption and smoking should be avoided. Consulting with a specialist doctor in case of any colorectal issue can help in identification of colorectal cancer in early stage.

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Few takers for eco-friendly route

CONTINUED FROM PAGE 1

environment-friendly choices," added Joseph.

However, the study showed that many women do not want to use sustainable sanitary products and prefer to stick to their current method of menstrual management using a disposable sanitary napkin or a tampon.

"It was interesting to note that while the majority of the women in Bengaluru are aware of sustainable sanitary products, only a handful are using it. While the financially dependent women had issues gaining approval from their family members, those who are financially independent had fears about the product features and were skeptical about using these products," said N Elangovan, professor and co-author of the study, School of Business and Management, Christ University.

Researchers noted that women were skeptical about using the eco-friendly sanitary products for the first time due to various fears and apprehensions about hygiene and safety associated with non-conventional sanitary products such as menstrual cups. However, most of the fears can be sorted with the help of gynaecologists and the right kind of awareness.

"This is because women are not aware of many aspects of these products. Some healthcare experts have suggested that using these sustainable menstrual products will even aid in reducing menstrual cramps in the long run and increasing the level of comfort during a woman's menstrual cycle. Therefore, these major fears associated with product use should be erased from women's minds to encourage them to purchase and use them," said Joseph.

Stick no bills: No means NO

Y Maheswara Reddy
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It has become a habit for politicians to violate the High Court ban on putting up banners, posters or flexes illegally. The overenthusiastic supporters of politicians do not bother even if it is a spot that has just been beautified with taxpayers' money and efforts by volunteers.

The latest such eyesore has cropped up at the Palace Road. The Bruhat Bengaluru Mahanagara Palike (BBMP) had spent a lot of money and time to beautify the railway underpass and its surroundings on Palace Road on the occasion of the recently held Global Investors Meet. A few enthusiastic Congress leaders pasted posters on the newly painted wall to express their loyalty to the brand new All India Congress Committee President Mallikarjun Kharge. The posters are said to have been pasted by the supporters of M Lokesh, president of Bengaluru Rural District Congress Committee and the aspirant for Congress ticket to contest State Assembly elections from Devanahalli.

"Thanks for the update. We will remove it as early as possible," said a volunteer of The Ugly Indian. Volunteers of The Ugly Indian, in association with the BBMP, had worked hard to beautify the railway underpass.

Social activist Sai Datta has expressed shock over the blatant violation of ban order. "I have already brought to the notice of the authorities concerned but nothing has been done. It is not the first time that politicians are pasting posters, putting up banners and flexes on one or the other occasion.

I have discussed with my advocate to file a contempt petition in the High Court against those who violate the ban order and authorities concerned for their negligence and apathy," said Sai Datta.

Bangalore Mirror also published a story – Palace Road 2.0 exudes 'Karnataka pride' – on November 4 and another story – Quick fixer – on October 24 stating how the BBMP made an attempt to fix the water seepage issue on a permanent basis. The BBMP authorities claimed to have painted 2.5 km blue with white stripes.

A volunteer, while speaking with Bangalore Mirror, claimed that blue with white stripes would not get defaced in the future as they blend well into the cityscape. However, Congress workers proved him wrong by defacing it without any hassles.

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Where are prepaid autos?

CONTINUED FROM PAGE 1

out-patients headed toward their homes.

Hundreds of patients, those who can't afford their own vehicles, depend on auto-rickshaws to go home. They try to board the auto-rickshaws available at the hospital premises; but drivers, as usual, demand excess fare. Many patients, who can't afford to pay the excess amount, walk a few hundred metres to the main road either to board a BMTC bus or another auto-rickshaw.

"The prepaid auto counter was a great help for the patients of these two hospitals. We are not in a position to control the auto-rickshaw drivers. We want the traffic police to reopen the prepaid auto-rickshaw counter as early as possible," said a security guard on the condition of anonymity.

Jagadeesh S from Chamarajpet, seemingly shocked over the pathetic condition of the prepaid auto-rickshaw counter, said traffic police must reopen the prepaid counter for the benefit of the many out-patients who come to the hospitals for treatment.

"It will be difficult for the out-patients to walk all the way to the main road to hail an auto-rickshaw. There is a BMTC bus stop, but it is of no use for those who want to go towards Chamarajpet or Basavanagudi," said Jagadeesh.

When informed, VV Puram traffic police inspector said administrators of Victoria Hospital and Vani Vilas Women and Children Hospital have to take the initiative to have a prepaid auto-rickshaw counter on the hospital premises.

The condition of the prepaid auto-rickshaw counters at Cantonment Railway Station and Mantri Mall are no different. It is believed that most of the auto-rickshaw drivers do not like to park their vehicles in a queue in front of the prepaid auto-rickshaw counter near the Cantonment Railway Station thus compelling railway passengers who arrive from distant places to depend on greedy auto drivers to reach their destinations in the city.

The condition of the prepaid auto-rickshaw counter at Victoria and Vani Vilas Hospital premises

When informed about the closure of the prepaid auto-rickshaw counter in front of Mantri Mall on Sampige Road, High Grounds traffic police inspector said that he would take measures to re-open it shortly. "I will look into the matter," said the traffic police inspector.

Meanwhile, Adarsha Auto Drivers Union general secretary C Sampath said Bengaluru needs around 1,000 prepaid auto-rickshaw counters. "More prepaid auto-rickshaw counters will not only ensure discipline among the auto-rickshaw drivers but also avoid parking auto-rickshaws haphazardly on the road at busy locations. It also avoids allegations of charging or collecting excess fare from the passengers," said Sampath.

He suggested that traffic police have to open prepaid counters on either side of roads in front of malls and important business establishments.

Rain gods favour jumbos

Fewer elephant deaths in state this year; experts attribute lower mortality to rain that ensured they didn't have to venture far from forests for food and vigilance efforts

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Patrolling and early warning systems play important roles in human-elephant conflict situations

Overall, the elephant mortality rate in Karnataka has dropped considerably this year, according to a report by the Karnataka Forest Department. As per the official data, while 58 elephants were reported dead due to natural and various unnatural causes between January and August last year, only 22 deaths were marked by the department in the same time period this year.

Deaths owing to unnatural causes such as electrocution, gunshot, snaring and train accidents have gone down too. While 12 unnatural deaths were recorded in 2021, only four such incidents have been observed between January and August 2022.

According to the officials from the forest department, this improvement in elephant mortality can be attributed to better vigilance and above-average monsoon this year.

"We have been collaborating with DISCOMs regularly and requesting them to increase patrolling especially during the monsoon season for any electricity theft incidents. However, increased rainfall this year might be yet another reason behind this drop. The majority of the deaths happen when elephants move out of the forest area in search of food and water. Above average monsoon has ensured food and water availability inside the forest," said Saswati Mishra, Additional Principal Chief Conservator of Forests (Wildlife), Karnataka Forest Department.

Agreed Daniel Sukumar Das, director, Wildlife Conservation Foundation, while cautioning that the mortality data must be substantiated with the number of conflicts and encounter cases to get a clearer picture.

"There has been more than average rainfall this year, which might have made it easier for the elephants to get adequate food inside the forest. However, this data should be corroborated by the number of conflicts and encounter cases such as crop raids and other similar incidents. If the elephants are still venturing out in comparable numbers but still the mortality due to unnatural causes is low, it implies that the mitigation measures are in place and working," said Das.

Experts also point at sizable ex-gratia amounts paid by the department which might have transpired into a lesser number of deadly conflicts. Notably, over the last five years, the department has paid Rs 9,815.85 lakh in compensation to those affected.

The data further shows that the majority of the deaths (both natural and unnatural) in the given time period in 2021 happened in Chamrajnagar circle. While eight elephants were found dead in the Cauvery wildlife area, ten mortalities were reported from Male Mahadeshwara Hills Wildlife Sanctuary and seven elephants were found dead in Biligiri Ranganathaswamy Temple Tiger Reserve. This forms 45% of the total deaths in 2021.

> **"The majority of the deaths happen when elephants move out of the forest area in search of food and water** – Saswati Mishra, Additional Principal Chief Conservator of Forests (Wildlife), Forest Department

"MM Hills, the Cauvery wildlife area and Biligiri Ranganathaswamy Temple Tiger reserve are considered as high conflict zones. The region has a very poor barrier system due to landscape challenges and the department has not been able to secure the area so far. This circle consists of two wildlife sanctuaries and one tiger reserve. Moreover, MM Hills might soon get the status of a tiger reserve, which will bring elephant protection into the picture," said Ramesh Belagere, wildlife activist at Foundation for Ecology and Education Development.

Experts say to bring down the human-elephant conflict cases and thus the elephant mortality further down, the department must beef up the patrolling process and install early warning systems across all the circles.

"Patrolling and early warning systems play important roles in human-elephant conflict situations. For instance, an early warning system based on phone SIM cards has been developed in the Hassan area. If a person gets to know there is an elephant in the estate, a mass SMS is sent to all the people available on that network. While it has been proved effective, no system can replace proactive and round-the-clock patrolling," said Belagere.

Former IB officer killed, police suspect it was murder

83-yr-old hit by vehicle; CCTV footage reveals act was deliberate

The investigation into the death of an 83-year-old retired Intelligence Bureau (IB) officer took a twisting turn on Sunday with senior police officials, who initially believed it to be a case of an accident, now suspecting it to be a murder.

The police said that the victim, identified as RS Kulkarni - a retired Intelligence Bureau officer, was walking on the road next to the Computer Science Department of Gangotri (Mysuru University) Campus on Friday evening when an unidentified vehicle hit him from behind.

The victim was rushed to a nearby hospital, where he died during treatment, they said.

The miscreants fled the spot after the accident. The police registered a hit-and-run case against the unidentified vehicle driver.

But when the police went through the CCTV footage, they found it to be a deliberate act of the miscreants.

"A case of murder has been registered by Jayalaxmipuram police station. The victim was not walking but was standing on the side of the road. CCTV footage shows that a car without a number plate came and intentionally hit him from behind and escaped," the police said on Sunday.

Mysuru city commissioner of police Dr. Chandragupta said that a case of murder has been registered against the unidentified vehicle driver and a probe has been initiated to identify and nab the accused.

"A team three-member team of senior police officers has been formed to investigate the matter," Chandragupta said while adding that the victim was retired for 23 years, and it is not clear whether the murder was due to professional or personal enmity. **— BMB**

NOTES FROM THE FIELD

Clean sweep

Telugu actor Junior NTR surprised everyone with his behaviour during the posthumous presentation of the Karnataka Ratna award to Puneeth Rajkumar. NTR was one of the chief guests at the event. A grand stage was set up in front of Vidhana Soudha where NTR was seen with the CM and other guests. However, the sudden downpour drenched the chairs. A few of the security officers were seen trying to wipe the chairs with a cloth. NTR took the cloth and started wiping the chair. Meanwhile, Infosys Foundation head Sudha Murthy arrived at the venue. NTR who was next to the CM vacated his chair for Murthy and moved to the next chair. He even took the cloth and wiped the chair where Murthy was to sit.

Clearing the air

Municipal Administration Minister MTB Nagaraju was in thick of controversy over his alleged remarks during the death of a suspended Inspector. However, Nagaraju just claimed the comments were blown out of context. "I don't know Nandeesh personally. I decided to visit his home to console the family. When I was walking, I asked people around as to why the inspector was under so much stress. Someone told me that the inspector had paid Rs 70 lakh to Rs 80 lakh for posting. So, I merely said why he paid so much for this posting." However, the video is for all to hear and see.

No garland please

Gubbi MLA SR Srinivas recently refused garlanding citing embarrassment. Srinivas has been in news as he has been reprimanded by his party JDS. Recently, he was even seen walking with Rahul Gandhi during Bharat Jodo Yatra. However, his route of travel in his constituency was not smooth. As he was on the village road, the locals stopped him and even tried to garland him to embarrass him as he failed to provide basic amenities. As soon as a villager came to garland him, Srinivas quickly spotted trouble, threw out the garland and quickly got into his car.

Missing photo

Officials in Kolar district had a tough time to ward off a volley of questions posed by Minister for Horticulture N Muniratna. Muniratna is district-in-charge minister of Kolar. While attending a programme, Muniratna was furious to see that there was no photo of the Chief Minister anywhere. In full view of the public, Muniratna summoned the officer on the stage. "Do you know who the Chief Minister of State is? How can you forget the photo of CM in an official programme? You should work with common sense and these kinds of indiscipline will not be tolerated," Muniratna fumed. The officer was left speechless at the dressing-down in front of the public.

Special Peta

It is a tradition to felicitate the guests with the 'Mysore Peta'. However, for Prime Minister Narendra Modi who will be visiting the city on November 11 to unveil the 108-feet statue of Nadaprabhu Kempegowda, the CM has planned a special Mysore Peta as a gift. The CM has taken keen interest to get a peta designed which would look similar to the one worn by Mysore kings. **— Sridhar Vivan**

Hacking gang targets World Cup critics
An India-based computer hacking gang targeted critics of the Qatar World Cup, an investigation by British journalists said on Sunday

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Cash with public sees jump at ₹30.88 lakh cr

Currency levels stand 71.84% higher than that for end of fortnight before demonetisation was announced in 2016

#New Delhi

Currency with the public has jumped to a new high of Rs 30.88 lakh crore as of October 21, illustrating that cash usage is still robust even six years after the demonetisation move. At Rs 30.88 lakh crore, the currency with the public is 71.84 per cent higher than the level for the fortnight ended November 4, 2016.

On November 8, 2016, Prime Minister Narendra Modi had announced the decision to withdraw Rs 500 and Rs 1,000 denomination notes with the ultimate aim of reducing corruption and black money in the economy.

The intent of the move, which was criticised by many experts for poor planning and execution, was to make India a "less cash" economy.

As per the fortnightly data on money supply released by the RBI on Friday, the currency with the public increased to Rs 30.88 lakh crore as on October 21.

The central bank data for Reserve Money had put the currency in circulation at Rs 17.7 lakh crore on November 4, 2016.

Currency with public refers to notes and coins used by people to transact, settle trades, and for buying goods and services. The figure is arrived at after deducting cash with banks from the currency in circulation.

Cash usage has been steadily rising in the economy, even as newer and far convenient digital alternatives of payments have become popular. The covid-19 pandemic, which laid an emphasis on contactless transactions, also gave a fillip to such digital modes.

Cash usage has been steadily rising in the economy, even as newer and far convenient digital alternatives of payments have become popular

A 2019 RBI study on digital payments had partly addressed the issue.

"Although digital payments have been growing gradually in recent years, both in value and volume terms across countries, data also suggests that during the same time, currency in circulation to GDP ratio has also increased in consonance with the overall economic growth," it had said.

"... an increase in digital payments to GDP ratio over a period of time does not seem to automatically imply a fall in the currency to GDP ratio of the country," it had added.

It had said that after demonetisation, India has witnessed a significant increase in digital transactions, although the digital payments to GDP ratio in the country has been traditionally low.

In a recent note, economists at SBI had said the currency in circulation (CIC) declined by Rs 7,600 crore in the Diwali week, which was the first such decline in nearly two decades if one were to exclude the 2009 festivities, which saw a marginal dip due to the global financial crisis. – PTI

TRS wrests Munugode, BJP wins 4 seats, Cong scores nil in bypolls

#Hyderabad

The by elections on seven seats spread across six states have come as a setback for the Congress which lost both its two seats in Telangana and Haryana, while the BJP managed to gain one seat and managed to win four seats on offer.

While the BJP bagged four seats, the RJD, TRS, and Udhhav Thackeray's Shiv Sena faction won one seat each.

BJP retained Uttar Pradesh's Gola Gokarannath seat, Bihar's Gopalganj and Odisha's Dhamnagar seats. It also added Haryana's Adampur seat to its tally, which it wrested from the Congress. Congress also lost Telangana's Munugode seat to Telangana Rashtra Samithi (TRS).

The Tejashwi Yadav-led Rashtriya Janata Dal has won in Bihar's Mokama and the Uddhav Thackeray-led Shiv Sena faction won in Mumbai's Andheri East seat.

None of these contests though are likely to upset the equations for current state governments.

However, with the regional parties looking to put together a united front for the 2024 Lok Sabha elections, which are just 18 months away, the results may serve as a shot in the arm for them.

BRS supporters celebrate Munugode bypoll results, at TRS Bhavan in Hyderabad on Sunday

Prior to the by elections, the BJP held three, the Congress two, while the Shiv Sena and the RJD had won one seat each.

BJP candidate Bhavya Bishnoi won with a lead of over 15,000 votes over his nearest rival and Congress candidate Jai Prakash in Adampur. In Odisha's Dhamnagar by-poll, BJP's Suraj Suryabanshi won. TRS' Prabhakar Reddy defeated Rajagopal Reddy of BJP by a margin of over 10,000 votes at Telengana's Munugode seat. – IANS

Pension under EPS: SC opens 4-month window

#New Delhi

Eligible employees who had not opted for enhanced pension coverage prior to 2014 can jointly do so with their employers within the next four months after the Supreme Court upheld the Employees' Pension (Amendment) Scheme, 2014.

Employees who were existing EPS members as on September 1, 2014 can contribute up to 8.33 per cent of their 'actual' salaries -- as against 8.33 per cent of the pensionable salary capped at Rs 15,000 a month -- towards pension.

The court on Friday struck down the requirement in the 2014 amendments mandating employee contribution of 1.16 per cent of the salary exceeding Rs 15,000 per month. This will facilitate the subscribers to contribute higher to the scheme and get enhanced benefits accordingly.

Trade unions have demanded that the government call an extraordinary meeting of the central board of trustees of the retirement fund body EPFO for quick implementation of the apex court order.

The Employees' Provident Funds and Miscellaneous Provisions Act, 1952 originally did not provide for any pension scheme. In 1995, through an amendment, a scheme was formulated for employees' pension, wherein the pension fund was to comprise a deposit of 8.33 per cent of the employers' contribution towards provident fund corpus. At that point of time, maximum pensionable salary was Rs 5,000 per month which was later raised to Rs 6,500. – PTI

ISRO plans to return to Mars, explore dark side of moon

#New Delhi

After missions to the moon and Mars, the Indian Space Research Organisation (ISRO) has now set its eyes on Venus and also plans to explore the dark side of the moon in collaboration with Japan.

Making a presentation on ISRO's future missions at the Akash Tattva conference here, Anil Bhardwaj, Director of the Ahmedabad-based Physical Research Laboratory, said the space agency also planned to send a probe to Mars.

Bhardwaj said it was in talks with the Japanese Aerospace Exploration Agency (JAXA) for sending a lunar rover to explore the permanent shadow region of the moon. As per the initial plans, a lunar lander and rover built by ISRO will be put into orbit by a Japanese rocket with a planned landing near the south pole of the moon. "The rover will then travel to the permanent shadow region of the moon," Bhardwaj said. He said the exploration was interesting as anything that has remained in the PSR zone was akin to staying in deep freeze for times immemorial. – PTI

T20 World Cup: India set up semis showdown with England

#Melbourne

The legend of Suryakumar Yadav bailing India out of tough situations and propelling them to a massive total added another chapter at the Melbourne Cricket Ground on Sunday when he hit a blazing unbeaten 61 to set up India's 71-run win over Zimbabwe in final Super 12 match of Men's T20 World Cup.

With India now topping Group 2 and all set to face England in the second semi-final at Adelaide Oval on Thursday, the Jos Buttler-led side will have to be very wary of Suryakumar's ferocious stroke play.

Against Zimbabwe, when India were in trouble after losing three quick wickets, Suryakumar changed the tempo of the match yet again with absolutely insane striking of the ball. He hit six fours and four sixes in a death overs batting masterclass at a strike-rate of 244 to end up with 61 not out off just 25 balls.

SPORTS

Indian skipper Rohit Sharma and teammates shake hands with Zimbabwe's Tendai Chatara

His belligerent knock, laced with his trademark scoops over fine leg and mesmerizing lofted shots apart from intelligent wristwork, meant India got 79 runs in the last five overs, enough to get the better of Zimbabwe comprehensively. But the man of the moment feels he is not doing anything different in the matches.

"The atmosphere in the team is very nice, and the build-up to the knockouts has been very nice. My plan is always clear. I'm not trying anything different. I bat the same way in the nets as well," said Suryakumar after getting the Player of the Match award.

He was also involved in a 65-run stand off 36 balls for the fifth wicket with Hardik Pandya, who made a run-a-ball 18. – IANS

HEALTH TIP: Walking helps in lowering cholesterol and blood pressure, which leads to heart diseases. It improves brain performance and is a great way to destress

You can get calcium from dark green vegetables like kale and broccoli

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Baby talk

Ways to talk to your child about topics that aren't quite easy

Everyone wants their children to grow up in a safe and caring environment and become confident, happy individuals. There will be occasions when they need to speak with someone for guidance or assistance. There will also be instances in which you must explain something that may upset them. Everyone has been the recipient of a challenging talk. However, this does not make it easier when you must have one with your youngster.

"Today, children and the definition of childhood are transforming. Psychologists all over the world believe that the child can no longer be considered naïve and uncomprehending with subpar intelligence. The popular consensus is that children are curious, and more often than not, they will find out about truths that adults try to keep from them. It is therefore advisable that parents talk to them about complex subjects, instead of them getting information from friends or the internet," advises Neha Jain, Author, MerlinWand children's books. But how do you approach the subject without scaring your child or forcing things upon them? Here are some expert recommended ways to communicate easily with the little ones about complex subjects.

Choose a time and space keeping in mind the child's comfort

These are anxiety-inducing conversations for children. Ensure that sufficient time is allotted and that the exchange takes place in an area where the youngster is acquainted and feels safe. Ideally, it should not be right before the child goes to sleep, especially if the child sleeps alone. This is due to the possibility that the child is weary and unable to concentrate. In addition, if the child is left alone shortly after an emotionally stressful conversation, they may become overwhelmed.

Be prepared with all the information

As a parent, one may be reluctant to acknowledge aspects of the topic that they are unfamiliar with. This is of utmost importance; it is crucial to have all pertinent information. It is also essential to consider the mode in which one intends to transmit the information. According to research, children under the age of 10 have a stronger connection with animals and attribute human characteristics to them. Therefore, while communicating with this age range, the use of animal figurines may be advantageous. It is essential not to speak in a manner that infantilizes preteens and teenagers. Always deliver information that is age-appropriate.

> **The popular consensus is that children are curious, and more often than not, they will find out about truths that adults try to keep from them**

Do not dive right into it

A caregiver delivering bad news to a child may be anxious and want to "just get done with it." However, it is important to keep in mind that the child has to be emotionally and intellectually prepared to receive and comprehend the news. It is a good idea to first find out what the child already knows about the topic at hand. Ask for permission and work the news into the conversation gradually, rather than diving right into it. This will help your child feel in control of the situation. Assure the child that all questions are welcome and that the child can end the conversation whenever they want.

Introduce the topic

You can introduce the issue at hand once you know the child's basic level of knowledge on the topic and the child has demonstrated comfort in continuing the conversation. Begin by dispelling any myths that the child may have. Begin the dialogue in a non-threatening manner. With younger children, their favourite cartoon characters or soft toys can be utilised to construct a third-person story. This narrative can end by introducing the possibility of the event happening to them. With older children, a more direct approach is preferred.

Be ready to answer follow-up questions and assure them of their safety

It is critical to be ready to address follow-up questions. Do not ridicule the child for not grasping concepts. Let them know you're here for them and will be happy to answer any questions they may have. Some experts agree it is beneficial to explain to the child why you believe the youngster needs to know about the topic. In some situations, it may be necessary to educate them on the actions that must be taken in the event of a mishap. Assure them that you will be there to protect them and that they will not have to face any difficulties alone.

Do not 'talk down' to the child

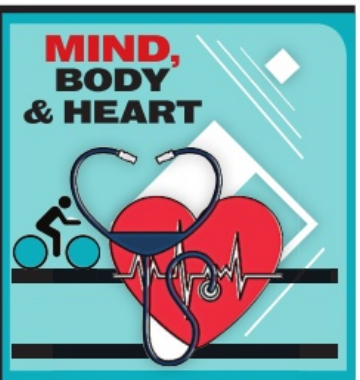
In such a situation, taking up the role of the more informed and in control adult may be tempting. However, this approach may prove to be counterproductive, especially with older children. Treat your child as a rational being who has the capacity to understand the information that you are putting out. Avoid the student lecturer technique of knowledge transfer. Get down on their level and attempt to encourage them to voice their point of view while remaining receptive to it, but avoid talking down to them.

Try to look beyond labels in the case of trauma

In cases where one needs to convey traumatic news to the child, they must be careful to not make the experience completely about the trauma. Understand that the child here is at the center stage. Convey to the child that it is okay to feel sad and that grief does not have a time limit. In other words, validate the emotions of the child.

In conclusion, it can be tough to talk to your child about difficult topics, but do not abandon the intent. At any point, when you feel like things have gotten out of hand or are emotionally overwhelming for you or the child, seek professional help.

-Kayalvizhi Arivalan, Femina



All problems solved

Dear Coleen

I'm a woman in my early 30s and for the past few months I've been having regular dreams about an old friend. Usually, we have sex in these dreams, which is a real turn-on, and in other dreams we're intimate and romantic. It's driving me crazy because I haven't seen him in ages. We became closer about a year ago when he broke up with his girlfriend and I was a shoulder to cry on, but he's since moved on and has a new partner. I'm still in touch with him and he keeps me updated on his life, but I don't know whether I should confess that I'm having these sexy dreams about him. He's happy with his girlfriend and I don't even know how I would feel if I ever had the opportunity to date him or sleep with him. Do you think I'm in love with him, but I can't acknowledge it because he's not available? I'm sure this isn't normal!

COLEEN SAYS

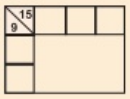
Well, according to Freud, our dreams represent our unconscious desires, so maybe you do have romantic and sexual feelings for your friend but repress them because you don't believe he feels the same. Perhaps you need to 'fess up, even if it's in a jokey way, in order to put a stop to the dreams and move on. If he laughs it off and it's clear he doesn't think of you in that way, then it might help. I'm assuming you're currently single and I'm guessing if you met someone else you really fancied, these dreams would disappear. This friend might just be an object of fantasy. We've all had those dreams about a celebrity or a friend and woken up believing, just for a split second, that something actually happened or that we're in love with that person. So maybe it's more about your desire to find romance than a desire to be with your friend. Think about your own life and what's going to make you happy.
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

$6!(x \div 4 \hat{} 3) = 90$
$x = ?$

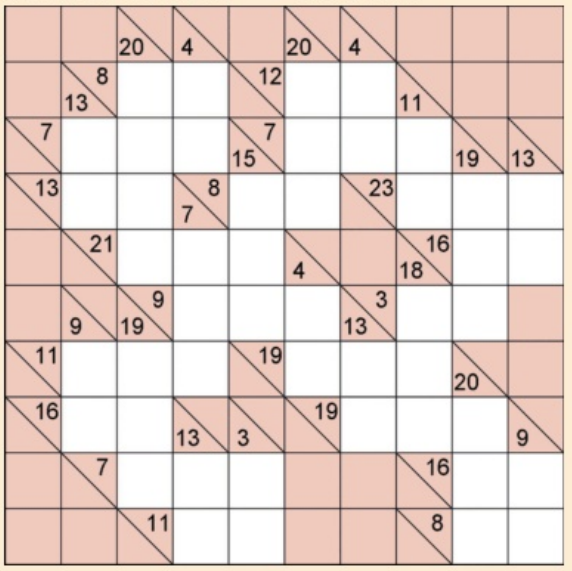
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

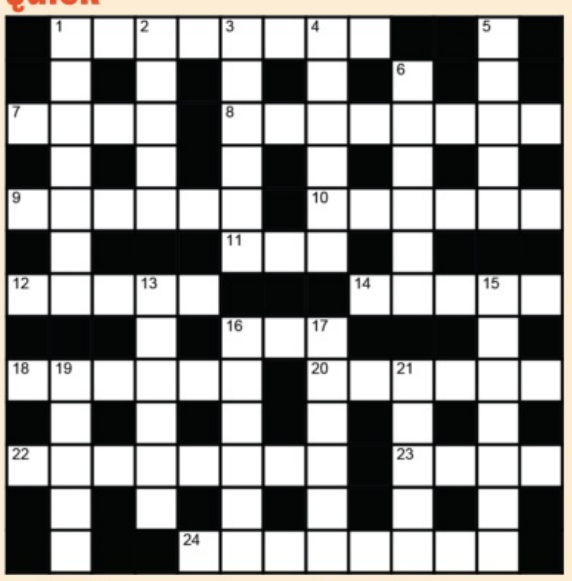


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Abruptly (8)
7 Competently (4)
8 Makes one suffer for the wrong done by him (8)
9 Hard rockers Iron ____ (6)
10 Tiny bits of bread (6)
11 Twenty four hours (3)
12 Garment (5)
14 Grecian Urn poet (5)
16 Legal science (3)
18 B in BARC? (6)
20 Like mosaic tiles (6)
22 Hired, recruited or engaged (8)
23 Solely (4)
24 Gave one's word? (8)

DOWN

1 Seventh day (7)
2 Wood nymph (5)
3 Increase; spread (6)
4 Madness or craziness? (6)
5 Bitter or sour (5)
6 Make certain? (6)
13 Mob or crowd (6)
15 Became three times as great (7)
16 He may plead your case for you (6)
17 Sagacity (6)
19 Tourist destination which used to be the capital of the Vijayanagar Empire (5)
21 Appearances (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS N

BVS OGQQOT, VLU ODYT IHRK; CGYT VOO; AHUCT LD IVL; VBJGET QD VOO QKVQ GB JHET VLU CDDU.

Linemaro

I never thought that heaven would be so close to me

Mindchow

If you don't like something, change it. If you can't change your attitude

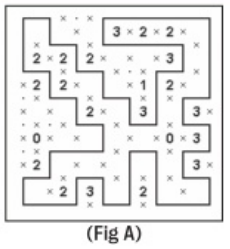
Joke of the day

It's true hard work never killed anybody, but I figure, why take the chance?

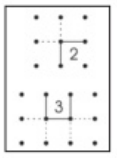
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

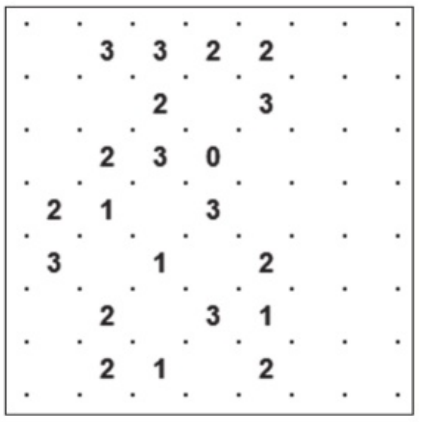


(Fig B) Not Allowed

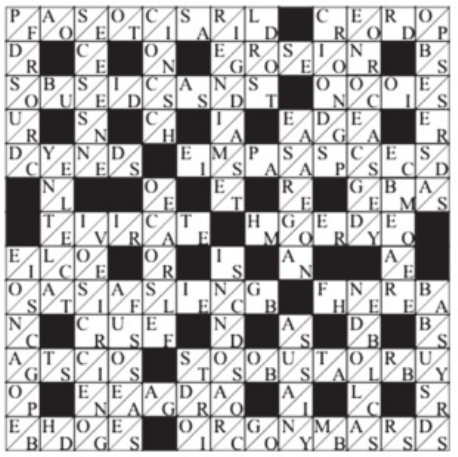
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



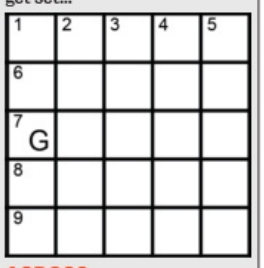
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

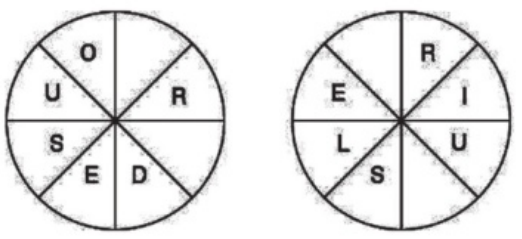
1 Daded; 6 Verne; 7 Organ; 8 Do ere; 9 Slope

DOWN

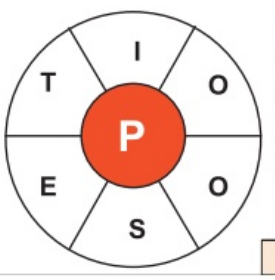
1 Glean; 2 Order; 3 Do Pro; 4 Ed Eva; 5 Needs

Mensapuzzle

Find the starting point and work anticlockwise round each circle to find two types of creature, each eight letters long. You have to provide the missing letters.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

11 Average; **13** Good; **15** Outstanding

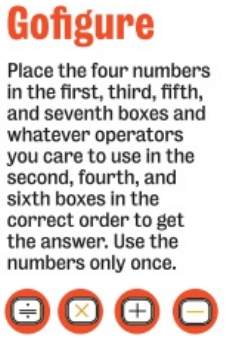
SudokuChallenge

5	4			9			3	7
			2		7			
6								5
1	7		8		9		6	3
9	6		4		3		8	2
7								6
			6		1			
3	2			7			9	4

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

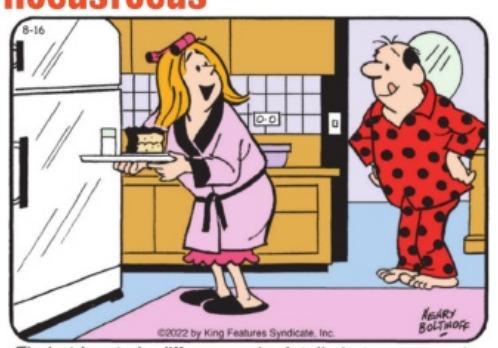


Easy = 3
3 3 5 8

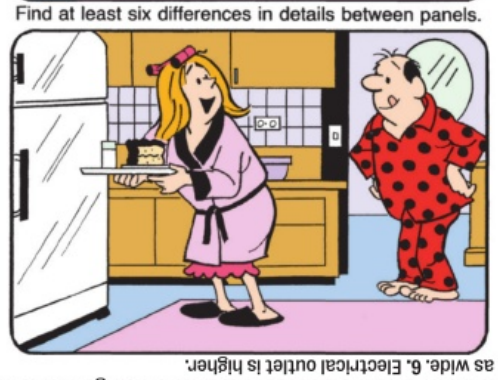
Medium = 8
1 3 3 4

Hard = 44
5 7 9 6

Hocusfocus



Find at least six differences in details between panels.



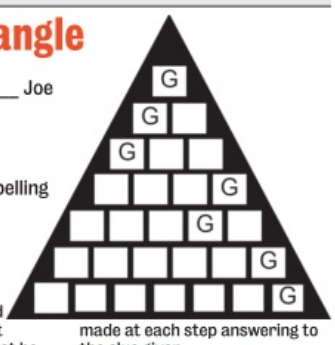
Differences: 1. Leg is moved. 2. Mirror is larger. 3. Counter is wider. 4. Handle is added to cabinet. 5. Refrigerator is not as wide. 6. Electrical outlet is higher.

Riddler

Using the chemical symbols, which tool can be made from tungsten, rhenium, nitrogen, carbon and hydrogen?

Alpha triangle

1 1000 colloquially
2 American soldier __ Joe
3 Kind of rummy
4 Dent slightly
5 Condescend
6 Finale
7 Warding off or repelling



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

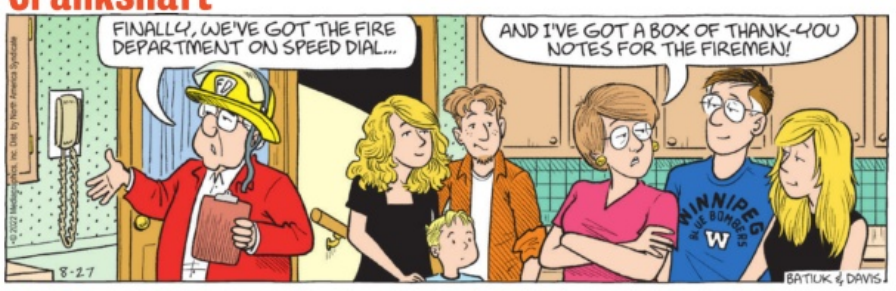
Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today your tendency to overspend will affect your savings. Be careful while expressing yourself at work and home. You should avoid lending money Postpone making important decisions in real estate and other assets issues. Try not to avoid your responsibilities.

Taurus Apr 21 – May 20
Today you may find some peace of mind. You may plan to invest some capital in the business which may increase liquidity in your business. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse which may enhance harmony in your family life. Singles may likely find suitable matches. Love birds may decide to get married. Students will be blessed with good karma.

Gemini May 21 – Jun 21
Today you may be very happy and all your losses may convert into profits. Your seniors may be happy and appreciate your work. You may likely have some changes in your place, position or responsibilities at work. Your opponents and hidden enemies may be under control now. Singles and love birds may take important decisions in terms of marriage with the help of relatives or friends.

Cancer Jun 22 – July 23
Today you are blessed by the moon which may make you happy. Last week's bad luck is now over. With the help of a blessing, you may get a reciprocation for your hard work. With the help of your subordinates, you may be able to complete or restart your postponed work. There are some gains in your business coming up which may boost your finance.

Leo Jul 24 – Aug 23
Today you may feel dull and may have some health issues. You are advised to postpone making investments in the business. It is also advised not to start a new venture. You are likely to face losses in the business. Your gains may likely convert into losses.

Virgo Aug 24 – Sep 23
Today you may get some business orders which may be profitable in near future. You may implement some new ideas in your work. New partnerships may come into the ground. You may be busy with your work and it may make you mentally tired. It affects your domestic life.

Libra Sep 24 – Oct 22
Today you may perform well in your job, your colleagues may cooperate with you. Your performance on the job may be good and you may be able to complete your postponed projects on time. You may lend money for investment purposes. Job seekers may get a new job.

Scorpio Oct 23 – Nov 22
Today will be better and people around you may be warmer to you but you are advised not to take life as a burden. You should try to sustain yourself in unavoidable situations. You may face some difficulties in earning profits. Somehow blessings from elders may help you to come out of this situation. You may find some clarity in life now.

Sagittarius Nov 23 – Dec 22
Today you may be a victim of mood swings and your patience may be tested many times. Silly mistakes might be made at work. Love birds find themselves confused in understanding their feelings. More expectations may affect your emotional attachment to the spouse. You are advised to take care of your parents. Students may lose their concentration.

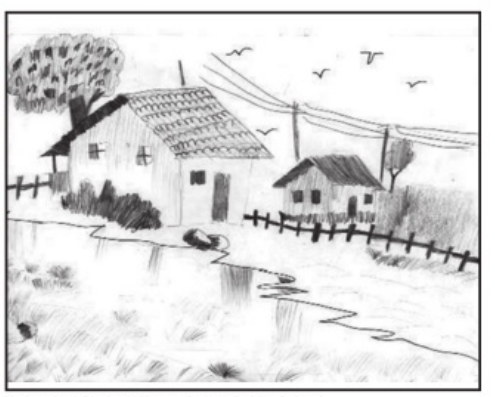
Capricorn Dec 23 – Jan 20
Today you will be glad, you will be able to maintain a balance between your earnings and expenditure which will boost your finances. Your network will help you to implement your plans. Your siblings and subordinate staff will be more helpful today. You may plan to visit elders or a religious place.

Aquarius Jan 21 – Feb 19
Today your energy level will be high, it will make you happy and optimistic to fulfil your desires with the help of hard work. You will plan to go on outings with friends and family to share your happiness. Students hear good news in terms of their academics.

Pisces Feb 20 – Mar 20
You may feel unhappy and nervous today. But from noon onwards, you will be happier, internal vitality will boost your self-confidence and you should avoid carelessness in making decisions in terms of finance, profession and studies. You may face self-respect issues with your spouse but you need to keep patience to avoid converting happy moments into bad moments. Love birds will plan for a short trip.

KIDZONE

Rohan Raj S, 6 Years, St Joseph's Central School



Vedanshi J Shah, 11 Years, Indian Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
720(X/64)=90
X/64=90/720
X/64=1/8
X=1/8×64
X=8

RIDDLER
W-Re-N-C-H

FAST FIVE

L	O	P	E	S
E	R	O	D	E
G	R	O	A	N
N	E	R	V	E
A	D	D	E	D

BULL'S EYE
ISOTOPE, peso, pest, poet, poise, pose, poslt, spit, spite, spot, step, stoop, stop, tope

STRIKE OUT

E	D	G	C	E	I	R	O	N	B	A	R	S		
P	N	E	G	R	O	I	L					L	S	
A	S	I	S	S	O	B	S	T	O	R	Y			
C		C	U	E		D		A		B		B		
S	T	I	F	L	I	N	G		H	E	R	A		
E	C	O		O		I		N				E		
E	V	I	C	T		H	O	R	D	E				
L			E		E		R		E	M	S			
D	E	E	D		I	M	P	A	S	S	E	S		
U		N		H		A		A	G	A		E		
O	B	E	I	S	A	N	T		N	C	O	S		
R		C		O		E	O	S		I	N		B	
P	O	S	T	C	A	R	D		R	E	D	O		

QUICK

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 # Aaron Carter no more
Pop singer Aaron Carter, the brother to Backstreet Boys' member Nick Carter passed away at the age of 34

The last laugh

The popularity of regional cinema has increased in recent years. From Yash's 'KGF' or Ram Charan-Jr NTR's 'RRR' and several regional languages films became everyone's favourite. However, there was a time when such films were trolled. Recently, Yash recalled how people in the North used to make fun of South cinema. He revealed that the regional films were sold for a very minimum price and that made them meme material.

Speaking to a well-known publication, Yash said that people used to make fun of South films.

They were like what is this action, everything is flying. Now, they got hooked on and started understanding that art form. "Our movies were sold for a minimum price and used to be presented in a bad way with funny names."

Yash also gave credit to director SS Rajamouli for making people familiar with South cinema. Now, people started becoming familiar with our dubbed films and if you have to break a rock, continuous effort is needed. **-ETimes**

'Feels like home'

Janhvi Kapoor reveals Orhan is a close friend who's always had her back

Janhvi Kapoor's close relationship with old friend Orhan Awatramani has often led to rumours and gossip. While the actor often gets spotted with her friends Nysa Devgn, Vedant Mahajan and others for dinner or lunch outings or even success parties Orhan and Janhvi's closeness has many times baffled media and fans whether something is cooking between the two. Buzz is strong that the two are allegedly dating for quite some time but there hasn't been any official confirmation.

The pair often gets clicked together at various parties and celebrity functions. For instance, Janhvi recently attended Orhan's Halloween party and stunned everyone dressed as Patricia Adams, the famous character from The Addams Family story.

Now, in a new interview, the actress while speaking about Orry, as Orhan is fondly called in close circles, said that Orhan has had her back for a long time. It feels like home when he is around.

The 'Mili' star claimed that she has known Orry for years now and he is someone who Janhvi not only has so much fun with, but he's had her back for a long time, and the actress had his back as well. She also confessed that she trusts him a lot."

The Bollywood diva further added that it's rare to find friends who will stand up for you the way Orry has stood up for his friends. **-ETimes**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

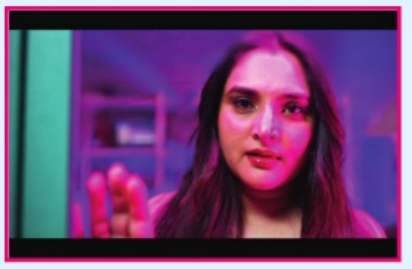
Around a tea stall

Yethiraj, who debuted as an actor with Dandupalya more than a decade ago, is all set to direct a movie that revolves around a tea stall and a bus stop at Murnad in Kodagu. Veteran comedy actress Rekha Das' daughter Shravya is assigned to be paired alongside Manvith who plays the lead role in the movie Sanju. This is the actor's second film in a leading role.

According to Yethiraj, Sanju will entertain all age groups – from six to sixty years. "The story revolves around the incidents that take place at a tea shop situated opposite a bus stop at Murnad. We looked for a suitable location in and around Murnad but were not able to. Now, we have decided to put up a set of a tea stall and a bus stop. I am lucky to have got producers who do not want to compromise with the quality of the movie," said Yethiraj. It is said Shravya will have no dialogues in 15 scenes of the movie while Manvith plays a leader of the common people. "I consider it a unique experiment," said Shravya.

Shooting of this movie is expected to commence from November 14.

Touch of stars



Debutante director Nithin Krishnamurthy is elated over the support he received from Sandalwood actress Ramya to promote his maiden Kannada movie Hostel Hudugaru Bekaagidhaare (meaning Wanted Hostel Boys). Popular actors Sudeep, Rakshith Shetty and Puneeth Rajkumar too had encouraged director Nithin Krishnamurthy by participating in promotional activities of this movie.

"I was thrilled when Ramya ma'am agreed to promote Hostel Hudugaru Bekaagidhaare. I consider her gesture as a big booster for this movie. I contacted her online. She happily took part in the shoot for the promotion for two days," said Nithin Krishnamurthy.

The team of Hostel Hudugaru Bekaagidhaare released a teaser in which Ramya participated.

The director said he auditioned 6,000 boys and selected 300 for the movie. The film is bankrolled by Varun Kumar and Prajwal BP. The producers met the Power Star Puneeth Rajkumar to narrate the story of the film. "We never forget Puneeth Rajkumar's encouragement," said Varun.

In the net

Katrina Kaif seems to have a wardrobe full of netted sarees. And each one is better than the other. Take a look

Watch this story come alive on your device by scanning this QR code

It's a girl!

Congratulations are in order for Alia Bhatt and Ranbir Kapoor. The couple welcomed their first child - a baby girl today at the HN Reliance hospital. It's celebration time at the Kapoors and the Bhatts as they welcome the bundle of joy to the family.

Ranbir and Alia arrived at the hospital in the early hours and Neetu Kapoor, Soni Razdan and Shaheen Bhatt kept them company. Grandpa Mahesh Bhatt is over the moon, as are grandmas Neetu Kapoor and Soni Razdan. Speaking to ETimes, Mahesh Bhatt had shared his happiness ahead of welcoming his first grandchild. "Waiting for a new sun to rise. A fresh sparkling dew drop of life," he had said.

Earlier when Alia had announced her pregnancy, Mahesh Bhatt had said, "Ah, my baby is going to have a baby! I am so happy for Ranbir and Alia. May our 'tribe' increase. And now I have to prepare for the most important role of my life: The role of a Grandfather. This is going to be a grand debut."

Ranbir and Alia had been prepping for the baby's arrival for months. Speaking about it, Ranbir had told Bollywood Bubble Alia and he were kind of fighting over a book that Alia had read and wanted him to read as well. Ranbir said, "Listen, books are not gonna teach us how we are gonna raise our child, let us experience it when it happens." **-ETimes**